



Vernon Senior Center's

Issue 11

November 2016

Senior Moments

Veterans Community Access Point

Starting November 15th the **Hartford Veterans Center** will be opening a **Community Access Point at the Vernon Senior Center**.

This service will be available every Tuesday from 9:30 am to 3:00 pm.

The purpose of the Community Access Point is to offer **free counseling** for all veterans who proudly served our country in combat zones.

If you are or know of a veteran that might need these services please call the **Hartford Vet Center at (860) 563-8800**.



Just a Quick note...

All programs, presentations, and activities are subject to change. We will do our best to post changes as soon as we know.

If you have any questions please call the Center at 860-870-3680.

All Seniors Arts & Crafts Exhibit

Attention all Artists and Crafters!

The Vernon Senior Center will be having a special event, on **January 19th 2017** from 1:00-2:30pm, just for you!

We welcome all seniors to sign up to exhibit up to 2 items at our "All Seniors Arts & Crafts Exhibit".

If you paint, draw, knit, crochet, photograph or any other craft that you would like to show your fellow seniors please call to sign up for this fun event!

Once we have enough sign-ups for this we will invite all seniors to come in that day and see your work, enjoy refreshments and see our Center!

Call to sign up and let us know what you will be exhibiting.

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Health Programs

The next **Blood Pressure and Blood Sugar**

Screening at the Center will be held on

Wednesday, Nov. 9th.

The hours are from
9:00 am — 10:00 am.

Appointments are not necessary. A Visiting Nurse will be on hand to answer any questions that you may have.

Hearing Screening: The next hearing screening will be held on **Thursday, December 15th.** A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aids & will be available to answer your questions.

Call to set up an appointment.

Foot Care

The Senior Center offers **Foot Care** appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**

Zumba and Other Healthy Activities

Zumba

Classes are on **Wednesdays, at 1:00pm.** Payment is made to the instructor at the beginning of each class. First class is **Free!** It is **\$5.00** per person or **\$40.00** for a ten-class punch card.



Senior Fitness

Senior Fitness is a great way to socialize and stay fit.

The class is on Mondays at 9:30am.

This class will be ongoing, therefore you **don't** need to sign up.

Karen Michaud will collect payment directly. The cost will be \$5 for drop ins or \$40 for a 10 visit punch card.



Memberships

Please take the time to update **your membership information sheet.** You can **pick up a membership sheet at the front desk.**

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

Cards & Games

Bingo—Mondays at 1:00pm

Bridge—Fridays at 1:00pm

Canasta—Wednesdays at 1:00pm

Chess—Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos—Tuesday at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

New to Dominos—Tuesday 10:00am

Pinochle—Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

Set Back—Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Wii Bowling:

This activity is offered on **Fridays 12:30pm.**

Our team is known as the Vernon Alley Cats .

If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays.

Senior Book Club:

We are looking to see if there is any interest in a Senior Book Club.

If you are interested please let us know.

If we have enough people the club will meet on **Thursday, January 19th at 10:00am.**

Please call soon.



Movie Matinee

Movie:

Wednesday, Nov. 2nd 1:00pm.

The feature film is **Dark Horse.**

In a bid to develop a champion racehorse, Welsh barmaid Jan Vokes and her husband persuade 30 pub patrons to purchase ownership shares in the long-shot venture—leading to the hoof-pounding saga chronicled in this upbeat documentary.

Rated: PG Runs: 1hr 25mins

Movie:

Wednesday, Nov. 23rd 1:00pm.

The feature film is **The Phenom.**

Playing in the big leagues is as much a mental game as a physical one. So when rookie ace Hopper Gibson suddenly loses his stuff and is sent to the minors, he's also sent to a psychologist, who pushes the hurler to get to the root of his problems.

Rated: NR Runs: 1hr 28mins



Dark Horse

The Phenom

Please call the Center to register for this program.

Creative Goings On

What interests you?

Would you like to try a new craft?
Is there something you would like to learn how to do?

Do you have a class you might be interested in?

Just call the Center and let us know.

We are open to suggestions.



Crochet & Knitting

Do you like to crochet or knit?
We have a very active group that meets weekly. Come and join our knitting and crochet group **Wednesdays 10:00 am.**

All seniors are welcome.

Presidential Trivia

A.

Who was the only American president to be unanimously elected?

B.

Who was the first president to hold a press conference on the television?

C.

Which president was the oldest to be elected?

For the Sports Minded

Drop In Pool - Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm.**

It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

All Seniors welcome.



Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am.**

Any senior lady who would like to join the group is welcome!

Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 1:30 pm. **There are no rides on Wednesdays.**

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windermere Court, Franklin Park, Pitkat Congregate Housing, & Welles Village.

Wal-Mart East Windsor— Friday, Nov. 4th.

Need a ride to any activity or program at the Center?
Contact Hockanum Valley Community Council 860 - 870-7940
Dial A Ride Services



Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated.

We would like to thank all library volunteers for helping reorganize the books and puzzles. It looks better everyday!

Advisory Committee

The Senior Center Advisory Committee meets the 3rd Tuesday of this month at 9:30am.

The following are the present members: Sally Geer, Roxann Lannon, Ron Kane, William Tyler, Sr., Patricia Iamonaco, Wes Shorts, John Mytych, Carole Slattery and Judy Hany.



Their role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

The next meeting is **Tuesday, November 15th at 9:30am.**

FYI

Parking At the Senior Center:

We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.



Age Requirement Change

The age requirement for **trips** is age 55 and older. For all other activities at the Center, **the age requirement remains at 60 or older.**

The Center offers day trips monthly so watch our calendar.

AARP Foundation Tax-Aide Program

Seeking Volunteers: Each year volunteers from the AARP Foundation Tax-Aide Program come to the Senior Center and help seniors prepare and file their federal and state tax returns. They are looking for additional volunteers to help during the upcoming tax season at the Vernon Senior Center.

The Tax-Aide program utilizes volunteers in a number of different positions, including Greeters, Counselors and Electronic Return Originators. The Vernon site operates on Mondays and Wednesdays during the tax season. While experience in tax return preparation is helpful, it's not necessary. Training is provided.

To learn more about the program or to register as a volunteer, please visit the Tax Aide website: www.aarp.org/taxaide. Once your registration is received, the Local Coordinator for Vernon will contact you to discuss the program and answer any questions you may have.

Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming month. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

Dec. 2nd - Watercolor Class with Lynette Goric

Dec. 5th - Birthday Party

Dec. 7th - Crazy Whist and Pizza

Dec. 8th - Bright Nights at Forest Park and Dinner

Dec. 14th - Winter Wonderland Party

Dec. 22nd - Ask The Pharmacist



Winter Weather Policy

A Reminder: Now that winter is approaching, it is important to listen to **WTIC 1080 radio** or to watch **WFSB Channel 3**, if there is snow in the forecast.

If Vernon schools are **closed**, the Center is **closed** and there will be **no transportation** available with the Senior Bus or the Senior Car.

If there is a school delay, the Center will open at 9:00am, as usual.

Storm closing information is posted as early as 7:00am in the morning so you can plan your day accordingly. Thank you, and please be safe.



November's Walmart/Buckland Mall Shopping

Starting in **November** we will be going to the Manchester Walmart and Buckland Mall.

The shopping bus will run the same pick-up route and have the same times.

Please note that this bus is for Seniors only.

The first trip to Manchester will be on **November 4th**.

Happy Shopping!

If you have any questions please call the Center.



Out to Lunch Bunch

The "**Out to Lunch Bunch**" will meet on the first **Tuesday** of this month.

Each month a new restaurant is chosen.

This month the "bunch" is going to **New England Pizza**, in Vernon, CT., on **Tuesday, Nov. 1st at 1:00pm**.

Call now to sign up!

You will be able to order off the menu and will receive separate checks.



There are pickups available at the Senior Housing complexes - Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, and Windermere Court.

Please call or come to the Center to sign up for this fun day out with your friends.

What You Should Know

Need A Ride?

Let the Senior Car Driver bring you.

The senior car is for **out of town** medical or dental appointments.

This service is free and available to Vernon residents only, 60 years and older.

You must be ambulatory.

You can call the Senior Center to make an appointment for the senior car, up to four months in advance.



Signing In At the Senior Center:

It is really important that you remember to **sign in** with **both first & last names** and please **sign in clearly**. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Hockanum Valley Community Council Dial-a-Ride Vans

- * Pick-up at your home - call at least one week in advanced or earlier.
- * Ages 60+ and disabled adults
- * Van Hours: Monday - Friday 8:30am - 4:30pm
- * Reservation Hours: Monday - Thursday 8:30am - 5:00pm, Friday 8:30am - 1:00pm
- * Bad Weather: TV Channel 3 News
- * Medical trips to Manchester ONLY Mondays and Thursdays
- * Medical trips to South Windsor ONLY the 1st and 3rd Tuesdays of the month
- * Grocery shopping based on availability
- * Personal rides, medical appointments, grocery shopping, ect. Within Ellington, Tolland and Vernon
- * Rides are first-come, first-serve and all based on availability

Please call 860-870-7940 for your appointment

Sign up Times

We have to advertise our programs and activities well in advance, so our sign up times will not coincide with the publication of the newsletter.

Please watch the **Journal Inquirer** and the **Current Community**.

Once the program is in the Journal Inquirer, on Saturday, the sign up begins the following Monday.



Age Requirement

You must be at least 60 years old and a Vernon resident to join the Vernon Senior Center.

Non-residents 60 and over are welcome to participate.

Anyone playing games or participating in activities must be at least 60 years old.

People who would like to sign up for trips must be at least 55 years old.

If you have any questions please call the Center.

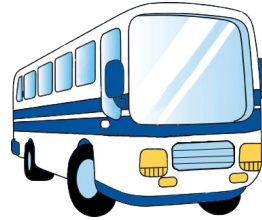


860-870-3680

Up Coming Trips

Trip Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given unless we are able to fill your spot on the trip. We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.



Sign ups For Luncheons, Classes or Trips

When you see a class, luncheon or trip that you are interested in, please don't hesitate to sign up. Luncheons and classes fill quickly and usually have a limit.

Trips need a total count the month before, if there aren't enough signed up we may have to cancel. When you call to sign up we will let you know when payment is due.



Bright Nights at Forest Park

Join us as we travel to Springfield, Massachusetts on **Thursday, December 8th** to the Spirit of Springfield's Bright Nights Holiday Light Display.

Bright Nights is a Northeast premiere holiday lighting experience, with nearly three miles of lighting displays. The displays span from traditional "North Pole Village" to the childhood-reminiscent, Dr. Seuss - inspired "Seuss Land". The Vernon Senior Center Bus will run the regular shopping bus route for pick-ups and drop-offs.

After traveling through the light display, we will stop for a nice dinner at the **Longhorn Steakhouse**, in Enfield, Ct.

The cost of the trip is \$3 for Vernon residents and \$5 for Non-residents.

Each person traveling with us will be responsible for paying their own dinner bill.



Upcoming Presentations

Aging Gracefully - Part 3

Jo Anne Harrison-Becker will be presenting another part of her Aging Gracefully seminar. The following topics will be discussed in the hour presentation:

- * Symptoms, Causes and Treatment of Seasonal Affective Disorder
- * 10 Ways to Improve Short Term Memory
- * Sleep Tight!
- * Boost Your Health with a Dose of Thankfulness
- * The Strength of Kindness
- * Live Your Blessings

When: Wednesday, November 16th at 1:00pm.

This presentation is free. Please call to register.



Heart Failure and You

Dr. Girish Sharma, Cardiologist/Internal Medicine in Vernon will be at the Center to answer your questions about heart failure. He will address the following topics:

- * What is it?
- * What causes it?
- * How is it treated?

When: Tuesday, November 29th at 10:00am

This presentation is free. Please call to register.

Fox Hill is sponsoring this presentation.



Ask The Pharmacist

Bring all of your current medications in a “brown bag” and learn about their common uses, side-effects, and interactions with other medications. Consult one on one with a pharmacist who will be there to answer all your questions. This includes:

- * Prescription medicines
- * Over-the-counter medicines
- * Herbal medicines
- * Vitamins and supplements
- Also questions about Medicare and other insurance plans

A pharmacist will review your medications with you. This includes:

- * Review what you are taking
- * Make sure you are taking them correctly
- * Optimize your medications by reducing side effects and the amount of meds you take

This presentation will be on **Thursday, Dec. 22nd from 1:00-2:45pm.**

You must call to set up an appointment.



Special Events & Services

AARP Safe Driving Class

AARP will host a Driver's Safety Class on **Thursday, November 17th** from **11:30am-3:30pm**. The cost is \$15 for AARP Members and \$20 for non-members. Payment needs to be made on the day of the class. Only checks will be accepted. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance.



The course is designed to help you:

- *Update driving skills and your knowledge of the rules and hazards of the road.
- *Learn about normal age-related physical changes and how to adjust your driving to compensate.
- *Reduce your chances of receiving a traffic violation, getting into an accident or becoming injured.

Newcomers

Join us for the next **Newcomers** gathering on **Wednesday, November 30th** at **10:00am**, when the Senior Center hosts a tour of the Center for new seniors.

Come in and learn about the programs and activities that are available. Our goal is to offer a wide variety of programs and activities that would be of interest to all seniors.

The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors.

Please note it costs **\$2.00** (Vernon residents only) to join the Center.



Birthday Celebration

The Center will be celebrating October, November and December birthdays on **Monday, December 5th** at **2:00pm**.

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of October, November and December. Even if you don't have a birthday, but would like to honor your fellow seniors, please do not hesitate to join us.



Please call the Center to sign up.

Special Events & Services

Mah Jongg Lessons

Mah Jongg lessons will begin on Monday mornings from 9:30 - 11:00am, starting **Monday, November 14th**. Classes will run for 6 weeks. The lessons cost \$10 for Vernon residents and \$20 for non-residents. Please call to register as soon as possible. Class size is limited.



Medicare Update

The Center is having a presentation on Medicare. The presenter will be addressing the following topics: Medicare A, Medicare B, Medigap Supplemental Plans, Medicare D Prescription Coverage and Medicare Advantage Plans. The presenter is **Christine McFatter** from the Vernon Social Services Department.

When: Wednesday, November 23rd at 10:00am

This presentation is free.

Please call to register.

Crazy Whist and Pizza Party

The Senior Center is hosting a Crazy Whist and Pizza Party on **Wednesday, Dec. 7th at 12:30pm**.

We will start with the pizza followed by card playing.

Crazy Whist is a fun card game that everyone can play!

Cost: \$7 per person.

You must register for this activity.

Join us for a holiday surprise!



Winter Wonderland Party

Come join us in welcoming winter.

There's no better way to welcome back winter than having a party! Maneeleys will be catering our get together. On the menu we have the following: Brown Sugar and Maple Glazed Ham, Stuffed Sole, Au Gratin Potatoes, Roasted Vegetable Medley, Dinner Rolls, and Assorted Pies for dessert.

Michael Ciulla from "Michael Sings" will provide our entertainment!

When: Wednesday, December 14th

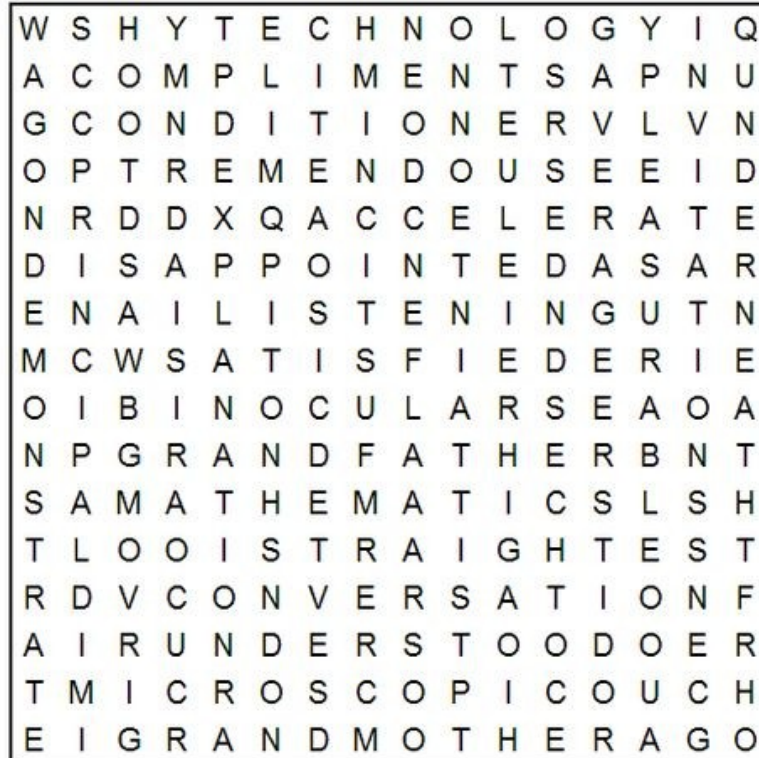
Time: 12:30pm

Cost: \$13



November's Puzzle

Word Search



ACCELERATE
AVERAGE
CONDITIONER
DEMONSTRATE
GRANDFATHER
LISTENING
NAIL
SATISFIED
TECHNOLOGY
UNDERNEATH

AGO
BINOCULARS
CONVERSATION
DISAPPOINTED
GRANDMOTHER
MATHEMATICS
PLEASURABLE
SHY
TOE
UNDERSTOOD

AIR
COMPLIMENTS
COUCH
EXPLANATION
INVITATIONS
MICROSCOPIC
PRINCIPAL
STRAIGHTEST
TREMENDOUS
WAGON

www.youhavekids.com

A. George Washington

B. John F. Kennedy

C. Ronald Reagan



Just a Reminder...

The Senior Center will be closed on
Friday, November 11th for Veteran's day

Thursday, November 24th
and
Friday, November 25th
for Thanksgiving

Join us at the Senior
Center for a fun
day!

November's Birthdays

Happy Birthday:

Nov. 1	Carl Palmberg
Nov. 12	Rita Hart
Nov. 13	Ed Zinky
Nov. 14	Connie Marinelli
Nov. 16	Bernie Futoma
Nov. 20	Peggy Meyers
Nov. 23	Lois O'Callaghan
Nov. 26	Gordon Mead



Note: If you would like
your birthday/anniversary
in the Newsletter, please
inform the Senior Center
Staff.

VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: ssaunders@vernon-ct.gov

Website: www.vernon-ct.gov

Hours

Monday—Friday

9:00am—3:00pm

The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

Our staff includes:

Sela Saunders, Director

Susan Ward, Senior Program Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: